

# Conscious and unconscious, meditation, study of the electrogenesis.

Since 1975



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# Project -II-

Conscious and unconscious



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## Conscious and unconscious, meditation, study of the electrogenesis.

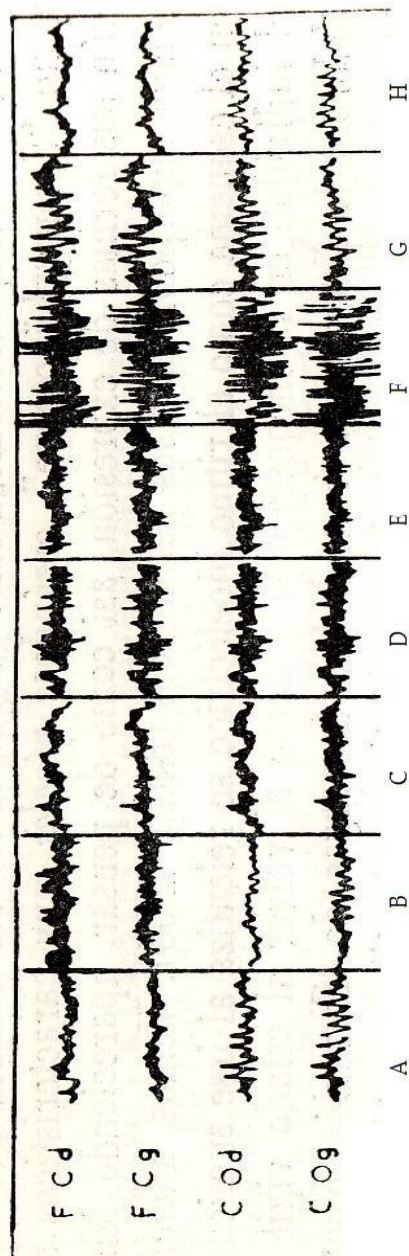
In this study we show that the conscious and unconscious, *this is only one*, transitioning the role of clarity.

A study that leads us to understand the importance of the rhythms brain states of consciousness.

This shows us the way forward, to educate these rhythms in a scientific way (*demonstrable in the laboratory*) to apply the methodology multiple re-educator genesis of adverse mental processes.

In the initial relaxation shows an **occipital rhythm of 8-9 c / s. and rhythm Roland beta 16-18c / s.**

When you start breathing exercises to **increase relaxation, amounts the alpha rhythm to the beat Roland 9c/sy 24-25 c / s**



A : occipital rhythm of 8.9 c / s. and rhythm Roland beta 16-18c / s.

B: increase relaxation, amounts

the alpha rhythm to the beat Roland 9c/sy 24-25 c / s

F: During deep meditation, the voltage increases, there is a gamma rate of 30-32 c / s, without variation in the coordination and synchronicity in all areas.

G, H : High power is achieved and rhythm back to normal rhythm Hz.





MEDITATION : During deep meditation, the voltage increases, there is a gamma rate of 30-32 c / s, without variation in the coordination and synchronicity in all areas.

There is not a separate conscious and unconscious, so are both only one.

This difference gradually unconscious conscious, is of great useful to understand the different states of mind, in multiple different situations (diseases or psychological syndromes)

During deep meditation, the voltage increases, **there is a gamma rate of 30-32 c / s, without variation in the coordination and synchronicity in all areas.**

High power is achieved and rhythm back to normal rhythm Hz.

During meditation there is thus an upward trend in voltage, from alpha to gamma together with rolandic rhythm.

a) Hiperdiscriminación is observed.

We should note that in states of confusion and delirious onerous there is a slowing of pace, appearing diffuse theta waves, simultaneously there is a withdrawal (Abolition) reactivity, thus indicating a break with reality, this is shown in people with schizophrenia and people with autism.

This indicates a deepening of consciousness (subconscious). It is noticed a lot of interest because it tells us *the difference between the conscious and unconscious is not opposite ends, but this is a difference of degrees.*

There is not a separate conscious and unconscious, so are both only one.

This difference gradually unconscious conscious, is of great useful to understand the different states of mind, in multiple different situations (diseases or psychological syndromes)

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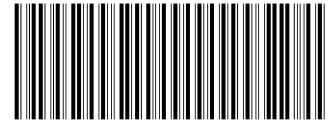
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